



# GROUP FITNESS SCHEDULE

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Zumba 7:30am - 8:30am		Zumba 7:30am - 8:30am	Solid Weight Training 8:30am- 9:00am	Zumba 7:30am - 8:30am	Cardio Step 8:45am - 9:45am
All Level Yoga 9:00am - 10:00am	Sit & Fit 9:30am - 10:30am	Water Aerobics 10:00am-11:00am		Pilates 10:15am-11:00am	Solid Weight Training 9:50am- 10:20am
Water Aerobics 10:00am-11:00am		Yoga for Sports 10:30am - 11:30am		Water Aerobics 10:00am-11:00am	Stretch 10:25am - 10:55am
LaBlast 4:00pm - 5:00pm	Cardio Step 3:45pm - 4:30pm		Cardio Step 3:45pm - 4:30pm		
	Solid Weight Training 4:30pm- 5:00pm				

updated July 2021

**Reservation required. Class spots are limited. Reservations can be made as early as 48 hours in advance.**

**Reservation can be made by call the front desk - 386-236-4291 or email [pbfitness@icihomes.com](mailto:pbfitness@icihomes.com)**

**For all Yoga classes and Pilates, please bring your own mat. For Water Aerobics, please bring your own noodle and weights.**

Fee-Based Classes Are Highlighted

## CLASS DESCRIPTION

All Level Yoga	<i>Basic Yoga Postures &amp; Positions to Strengthen Your Core &amp; Stretch Muscles</i>
Cardio Step/Low Impact	<i>A Cardio-Vascular Workout Using the Step (60 mins on Sat)</i>
LaBlast	<i>A Dance Fitness Program Based on Ballroom Dances including All Components of Fitness</i>
Pilates	<i>A Total Body Program that Builds Core Strength, Improves Flexibility, Posture and Alignment</i>
Sit and Fit	<i>A Wonderful Session for those with Balance Issues - Includes Strength Training &amp; Relaxation</i>
Solid Weight Training	<i>A Fun Free-Weight Resistance Workout set to Music</i>
Stretch	<i>Aimed to Relax &amp; Increase Flexibility</i>
Water Aerobics	<i>A Low Impact Cardio-Vascular &amp; Strength Training Workout in the Pool</i>
Yoga for Sports	<i>A Combination of Yoga Poses, Toning with Weights, and Stretches designed for athletes</i>
Zumba	<i>An Energetic Cardio-Vascular Workout using Various Dance Steps</i>